

How can the Health Check improve your Tennis?

There are assessments in the health check that relate directly to your tennis. Any weaknesses identified in these areas will be highlighted and advice given on how to improve these to help improve your on court performance.

Top 5 assessments that relate directly to your tennis:

- 1) **Flexibility:** Being flexible helps you stretch for balls that you might not otherwise have got to and reduces your risk of injury when playing.
- 2) **Core Strength:** Stability through your core increases the efficiency of your shot and reduces the injury risk to your lower back.
- 3) **Cardiovascular Endurance:** A good level of cardiovascular endurance will help you stay in those long rallies and be fitter for those long matches.
- 4) **Body Fat:** Carrying too much body fat can increase the strain on joints as you move around the court and slow down your movement around the court.
- 5) **Hydration:** Dehydration has been shown to decrease tennis performance. Your level of perceived effort increases, your accuracy decreases and decision making is poor if you are dehydrated.

Find out if you need to improve in any of these areas and learn tennis specific exercises to help you achieve this.